

# Meditation Tips for Beginners | Top Meditation Tips for Beginners

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**when you start your meditation practice**, then you need help in the beginning. even small things makes a lot of difference in your meditation session. here are few tips which helped me as a beginner, when i was struggling to go deep in meditation.

## **top meditation tips for beginners:**

1. **choose a right meditation technique** – find a Meditation technique which aligns with your energy. it should make you relax, joyful and more aware. it should increase your alertness or consciousness. you should be able to easily accept things as they are. more in let go state or in tune with the cosmic law.
2. **don't be ambitious in meditation** – meditation is not about chasing any goals. chase the targets in your office or in the outside world. in the inner world, one should allow things to happen. one should be in a state of let go. so don't try to look for results in meditation. do the meditation, because you love doing it and not for the sake of achieving some spiritual experiences. that's why it is important to choose the meditation which you love doing it. because you will be able to practice that meditation technique without any compulsion or without any motive.

also don't compare your meditation experiences with others. as all of us are unique and have followed different path during many life times. some people make quick progress in meditation and for some people it takes time. instead of comparing notes, just be focused on doing your meditation regularly, sincerely and with totality. with each meditation step, you have gone one step ahead.

3. **be regular and sincere** – do your meditation everyday and don't skip the meditation sessions. you can check this post on the [important of being regular in meditation](#).

4. [create a meditative space in the house](#) – when you use a room or a space in your house for only doing meditation or religious practices. then that place gets charged with your meditative/spiritual energies and it helps you in going deep in your meditation.
5. [vegetarian food](#) – all religions and spiritual teachers have given emphasis on vegetarian diet for spiritual practice. one should strictly avoid non-vegetarian food and alcohol. in some strict religious sects, they even don't allow the food which brings passion or excitement in you. many spiritual sadhak also avoid onions and garlic in their diet.
6. **group meditation** – practicing meditation in a group or in religious charged place/temple/monastery also helps a lot. because these places are already charged with the spiritual energies. in this case, choose the temple or monastery which aligns or in tune with your meditation technique. e.g. if you want to practice [ramana maharshi self inquiry meditation](#) then better visit this ashram in tiruvannamalai, tamil nadu, india and practice there. for practicing gautam buddha vipassana meditation, choose a vipasana center like igatpuri in nashik, india.
7. **physical health** – it helps to have a good sound body for going deep in meditation. so never ignore your health and always fulfill the body needs like food, rest, sleep, exercise etc. sound body is boon for meditator.
8. [correct meditation posture](#) – sitting in padmasna or cross legged position helps. because it makes a circle of your energy and thus there is no leakage. one should also use the correct mudra (hand posture) and preferably keep the eyes closed. tying a cloth around your head is also helpful. don't Sit directly on earth. you can sit on some meditation mat or cloth.
9. **give rest to mind** – avoid reading newspaper, magazines, internet, cinema or TV. or any other source of information which is really not essential for earning your bread and butter. because all this creates confusion and lot of thoughts in your mind and does not allow it to rest. instead spend time in nature like gardens, river side, beaches or any place where you can be alone and be yourself.... just away from human thoughts and influence.
10. **cleanliness and freshness** – take bath everyday. keep your body, mind and surrounding very clean. wear fresh clothes for meditation practice. eat fresh fruits and food. have a positive attitude towards life. be loving and cheerful. all this will create positive and vibrating energy around you.
11. **non-violence** – one of the most important aspect. don't harm anybody physically, verbally or even in your thoughts. instead, at the end of your meditation session bless the world with love, positivity and compassion. don't feel egoistic that you are blessing the world. greed and ego are poison for meditation. just share your abundance with others.

last but not the least... **be sincere and you will find the way.** [If there is no guru, then he will appear in right time when you are ready.](#) Always try to do your best and rest leave it on god or existence or cosmic energy.

**enjoy your meditation, make it a passion and not a compulsion.  
not only meditation, enjoy everything you do.  
make your life creative and juicy.  
meditator has to have creative and artistic approach towards life.**

**meditation is not separate from life  
but a way of living life creatively, blissfully and intelligently.**

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